

**FREDERICK COUNTY COMMISSION ON AGING MINUTES  
DEPARTMENT OF AGING  
August 10, 2015**

<b>COA MEMBERS</b>	<b>DOA STAFF</b>	<b>EXCUSED</b>	<b>UNEXCUSED</b>	<b>GUESTS</b>
Mary Beachley	Kitty Devilbiss	Randy McClement, Mayor		Stephanie Gadzinski
John Brown	Sue Ramsburg	Tish Raff		Louise Lynch
Elizabeth Chung	Pat Rosensteel	Carolyn True		Joyce Rowe
Ernell Graham		Cynthia White		Thea Ruff
Carol Haag				Leslie Schultz
M.C. Keegan-Ayer				
Dianne Lewis				
Tom Lawler				
Katie Rhinehart-Hemler				
Bobbie Speace				

- I. **Call to Order** – Carol Haag called the meeting to order at 1:03pm.
- II. **Welcome & Introductions** – Carol welcomed all attendees. Two potential new members and guests were attending today's meeting so introductions were done around the room.
- III. **Action on the Agenda** – Carol would like to add a few items to the agenda today. She asked that Kitty Devilbiss talk about events that will be held to celebrate Senior Center month of September and also describe the nursing presentation of a fall study from last month. She would like to add a discussion of committees to the Old Business section of the agenda. Under New Business she would like to review a request for legislative goal input and ideas from the County Executive. She also would like to talk about the Elder Expo and recruit volunteers for this event.

- IV. Approval of Minutes** – The minutes of the July 13th meeting were approved. Tom Lawler made a motion to approve the minutes and Elizabeth Chung seconded the motion. All were in favor.
- V. White House Conference on Aging Video and Policy briefs, Carol Haag** – <http://www.whitehouseconferenceonaging.gov/>  
This one day conference was held on July 13<sup>th</sup> at the White House and there were a number of initiatives discussed. There were subjects mentioned that are affecting seniors everywhere. A website was available prior to the conference to get remarks from citizens. Some key areas addressed are healthy aging, long term care/support services, and elder justice. There is a lot of information available and this Commission will need to develop a strategic five year plan. There has not been a plan in place for a couple years. The County Executive will start working on an overall strategic plan for her administration by mid-September.

This year is the anniversary of Medicare, Medicaid and the Older American Act. The Act has not been fully reapproved as yet. This Act is considerably important because it covers all services provided for older adults. It covers nutrition, transportation, caregiving, legal services, and elder abuse prevention. This Act has struggled with underfunding for the past twenty years and renewal of this Act is four years overdue. The largest program is the nutrition program which includes congregate meals and the home delivered meals. This reduces hunger and isolation and saves Medicare dollars because compromised seniors are getting adequate nutrition. The Act is currently stalled in legislation. It is important to get this passed because of the upcoming surge in this population and increased need for these services.

**Senior Center month and Towson Nursing Event, Kitty Devilbiss**  
– The Towson nursing class spent time with the Dept of Aging staff during the summer semester. This is a part of their community nursing coursework. They did a class project on fall prevention while working with homebound clients. They developed an assessment tool, went on home visits to perform the assessment, and then provided a report. They went on home visits to approximately 30 clients which were 1-2 hours long. They identified high risk individuals and did follow up with them. Most of these students work in a clinical environment and were surprised by some of the home environments. The students presented their findings and information on fall prevention at the end of their semester. There will be a new group of students working at the Department for the fall semester which will work with seniors who attend the senior centers.

September is National Senior Center month. Each center will be having activities focused on fall prevention. On Tuesday September 22<sup>nd</sup> the centers will host a mini health fair with basic screenings. Flu shots will be available via Maxim Healthcare. One portion of the fall prevention education will focus on walking in winter weather. On Friday, September 25<sup>th</sup> there will be a senior celebration to include a joint luncheon and music at the Frederick Center. The theme will be Celebrate LIFE – Learning, Independence, Friends, and Energy. Each of the senior centers will be planning their fall activities. All programs are posted on the County Aging website. Kitty will add Commission members to the list serve so they will get emails with current events. There is also a chance for outreach for senior groups in outlying areas with the Senior Center without Walls. One of the coordinators sends general information and a newsletter. She has also started visiting these facilities with programs. Elizabeth Chung stated that there will be a Family Wellness Center on September 13<sup>th</sup> from 11am-4pm and a Community Health Fair on October 24<sup>th</sup> and she invited Kitty to bring seniors from the area senior centers to attend.

- VI. Business Task Force Update, Tom Lawler** – Tom reported that there was a presentation meeting last Friday, August 7<sup>th</sup> which was held at the Chamber of Commerce. Three members from the Society of Human Resources Management (SHERM) of Frederick were at the meeting. The three members described different aspects/views of caregiving struggles in the work environment. This issue is not on anyone's radar as a problem/concern. One issue that became apparent is that people do not know what resources are available to meet their caregiving needs. Mary Collins agreed to work with members of SHERM and will send them information about resources available. They will review the information and give her feedback. The symposium will be planned again with some changes. The program will be shorter (4 hours) with more specific programming and there will be CEUs available for those interested.

**Committee Discussion, Carol Haag** – Carol reviewed the committees and the commission members working on them. Bobbie Speace and Mary Beachley will be working on the Health and Wellness Committee. Tish Raff and Mary Beachley will be working on Public Policy. Dianne Lewis will be working on the Aging in Place committee which encompasses not only the Village Concept, but improving the quality of life for those aging at home. The goal is to also have interested people in the community join and work on these committees. There is a need for improvement on communication and community outreach. The Commission will work to locate other senior groups and have more consistent contact with them.

**VII. Retired and Senior Volunteer Program (RSVP), Carol Haag –** Carol talked about the new RSVP program in Frederick County. There has not been a program in Frederick in five years. This group will support local agencies by providing some needed support. The idea of a senior volunteer program was conceived at the same time as the Older American Acts as a way to help retired seniors remain active and involved in the community. There was a pilot program in 1961 which was a success and evolved into RSVP. This service provides personalized placement assistance for volunteers to work in the community in an environment which is beneficial to the volunteer and the place of service. On September 10<sup>th</sup> at 11:00 am County Executive Gardner will hold a public information briefing to include senior initiatives. RSVP will be launched on this day. Carol invited commission members to attend this briefing. She also invited them to become an RSVP volunteer in order to reap some benefits for the volunteer hours they already provide. She has registration forms available to anyone interested.

**VIII. Nominating Committee, Katie Rhinehart-Hemler –** No report at this time.

**By-Laws Committee, Dianne Lewis, Carol Haag –** The work on this committee is on hold because of the County ordinance which overrules the flexibility of changing the by-laws. The ordinance disallows changing the number of service providers allowed to serve on the Commission. One possibility would be to alter the definition of service provider for the CoA by-laws. After consulting with the County Attorney, Pat Rosensteel stated that there is no historical information on how to define a service provider. It is unusual to have this type of guiding principle in an ordinance. The original CoA had twenty-one members and the by-laws were established in 1998. Carol states that having providers on the Commission is a benefit because of their abundance of knowledge of senior issues and/or services. Some of the recommendations suggested as changes to the by-laws are to eliminate the reference to providers in the by-laws or go back to a percentage but a higher percentage of providers. Carol passed out copies of the ordinance so members could review it. One of the items in the ordinance is that the CoA will have an annual report to the county government. There will be an annual report presented this year. The ordinance also states that the Commission should have an annual budget. This would be helpful for printing and copying. Most commissions do not have a budget. A budget request should be submitted during the budget season. It would have to come up during the appeal process. Other options would be fundraising, grant applications or becoming a non-profit. A change to the ordinance can be submitted at any time as it would be a legislative change. The County Executive will be announcing a

strategic plan and transition leadership team will be reviewing the roles of the CoA and the DoA. Some of this will be based on the focus groups, community input, and the recommendations of the senior transition team. Dianne made a motion that the Commission present a strategic plan and recommendations to the County Executive and then take the ordinance to the Council to initiate changes. Tom seconded the motion. All were in favor. Dianne, Tom, and Elizabeth will work on this task.

**Partners in Care – Ernell Graham,** Ernell made a statistical report from the June 8<sup>th</sup> meeting. The timeframe for the statics were from February 2015 – May 2015. There were 620 tasks completed, 1014 matches, 1075 hours, and 9,396 miles driven by the volunteers. There were 17 new members needing services and 4 new volunteers during this time. PiC has registered to participate at the Elder Expo. There was a financial donation of \$7,909 from the Frederick Unity Campaign. Sarah also applied to become a site for Volunteer Maryland and will have a Volunteer Maryland volunteer for September 2015 through August 2016.

#### **IX. Announcements –**

Dr. John Brown has become the liaison for the Public Guardianship Review board. He is in need of a schedule of meeting dates/times. Ernell will be taking pictures of Commission members today to be used on the display board for the Elder Expo. If you have a picture you would prefer, you can email that to Ernell. The Expo is a good opportunity to recruit people for the Commission or for one of the committees. A sign-up sheet was distributed so that members could sign up for a time slot at the CoA table for this event.

Mary Beachley attended the Volunteer Ice Cream Social that was held at the Senior Center. She talked with some of the Friends of MoWs while there and they are hosting a benefit, Celebration of Life benefit. It will be held November 14<sup>th</sup>. Mary distributed cards advertising the event. Kitty explained that they do fundraising for the MoW program and distributed \$25,000 for food and \$25,000 for the volunteer program this year. They hope to raise enough funds next year so that a temperature regulated truck can be purchased to transport/deliver food for participants.

Elizabeth announced that Lisa Orr stated that there are still 35 spots as part of the sustainability program with up to \$8,000 in funding that needs to be spent by November. This can be used to help with home repairs and energy efficiency improvements.

The next Commission meeting will be September 14 and will be held at the Health Department. The next State CoA meeting will be on

September 24<sup>th</sup> and will involve in-depth training on the MAP and results of a recent AARP survey. The Alzheimer's Association will have their annual fundraising walk on October 18<sup>th</sup>. There will be a kickoff party on August 18<sup>th</sup> at the Spring Ridge senior community room.

Elizabeth announced a plan for a Community Health Outreach worker program. She will be working with the Care Coordination department at the hospital and with FCC to develop curriculum to train outreach workers. This will help with social support and the hope is to reduce hospitalizations and ED visits. They are waiting to hear about funding for this project.

**X. Public Comment –**

**XI. Adjournment -**

The meeting adjourned at 3:05 pm.

Respectfully submitted,

Susan M. Ramsburg  
Recording Secretary